

## Reclaiming Your Divine DNA Coding

1. Begin by filling your body with the energy of Source mind.
2. Imagine a bright white sphere of energy about 6 inches (15.25 cm) above your head.
3. Inhale as if grabbing onto the bright white sphere of energy.
4. Exhale as if sending the exhale breath all the way down through the center of your body to a point about 6 inches (15.25 cm) below your feet. As the bright white sphere travels down the center of your body it creates a Pillar of energy that is your Vertical Pillar.
5. Once the bright white sphere hits the zero lock point, Inhale and pull the bright white sphere back up to the point 6 inches (15.25 cm) above your head.
6. Rest and breathe easy.

1. You are now going to set the I AM intention into your brain.
2. *Idea* - Mentally think I AM Virus Free.
3. As you *Inhale*, mentally think I AM Virus Free.
4. *Hold* comfortable breath and mentally think I AM Virus Free.
5. As you *Exhale*, mentally think I AM Virus Free.
6. Do this sequence 3 more times for a total of 4 times.

1. Imagine a mini image of yourself in the 6th chakra, 3rd eye, at the center of the center of your brain.
2. Inhale, and on the exhale breath, push the mini image of yourself down to earth's core. *Earth's core is actually the center of our local Source Star Conscious Mind.*
3. Shift your focus of attention as if you are now experiencing, and seeing within your mini self. Look as if you are looking through the eyes of your mini self and notice that you are sitting in a space of bright white light. You are now sitting in the creation point of our Source mind, in the center of our local Star. This is where the original code for human DNA is located.
4. Allow yourself a moment to acclimate to the loving energy of Source that you are held within. Feel the love of Source all around and within your mini self. Take gentle inhale and exhale breaths within your mini self and fill your mini self with the love of Source. Everything that you experience in your mini self automatically transfers to your earth physical expression.
5. Either mentally, or verbally, repeat the following statement. *I now reclaim my divine coding. I loving release all within me that is not of my divine coding back into the higher energy of my mind, to be brought back into balance.*

6. Inhale as if taking in a deep breath of Source energy.
  7. Comfortably hold the breath.
  8. Exhale forcefully, intending that all imbalance within you is released into Source mind.
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1. On the next inhale breath, inhale your mini self all the way back up, into the 12th chakra, 6 inches above your head, and exhale as if seating your mini self into the 12th chakra. Take a couple of relaxed breaths.
  2. On the next inhale, inhale up from earth's core (Source mind) and into your mini self in the 12th chakra.
  3. Hold the breath for a couple of seconds to build charge.
  4. When you exhale, exhale a star burst of bright white light that bursts forth from the 12th chakra in all directions.
  5. Inhale and with a relaxed exhale breath, move your mini self down to the 9th chakra, or the crown chakra, as if the mini self is sitting on top of the head of your human body.
  6. Inhale up from earth's core into your mini self in the 9th chakra.
  7. Hold the breath for a couple of seconds to build charge.
  8. When you exhale, exhale a star burst of bright white light that bursts forth from the 9th chakra in all directions.
  9. Inhale and with a relaxed exhale breath, move your mini self down to the 6th chakra, or the third eye, at the center of the center of your brain.
  10. Inhale up from earth's core into your mini self in the 6th chakra.
  11. Hold the breath for a couple of seconds to build charge.
  12. When you exhale, exhale a star burst of bright white light that bursts forth from the 6th chakra in all directions.
  13. Inhale and with a relaxed exhale breath, move your mini self down to the 3rd chakra, above the navel.
  14. Inhale up from earth's core into your mini self in the 3rd chakra.
  15. Hold the breath for a couple of seconds to build charge.
  16. When you exhale, exhale a star burst of bright white light that bursts forth from the 3rd chakra in all directions.
  17. Mentally state - I AM My Divine Expression Now!
  18. Take 3 more inhale and exhale breaths, up from earth's core, into the 3rd chakra, exhaling from the 3rd chakra and into your physical body, to fill your body with more of the loving energy of Source.

19. Relax now and breathe easy as you feel the loving energy of Source permeate your entire expression.  
If you become aware of any imbalanced emotions simply be aware they are in the process of releasing from you. Mentally send them on their way with loving thoughts.
20. When you are ready, open your eyes and look at your surroundings, allowing your energy to balance.  
Stand slowly in case you are a bit dizzy at first.

It is suggested to only use this exercise once a week, but at least twice a month. You are filling yourself with as much of Source energy as you can access in the moment, and doing intense clearing to purge as much virus coding from your human DNA as you can in the moment. Your system requires time in between sessions to rebalance.

Remember, the family of viruses that you are hosting are simply trying to survive. They are filled with fear for their survival and believe you desire to kill them. Try to never allow yourself to think you are trying to kill them but remember, you are using the higher energy of your conscious Source mind to "transmute them" and set them free.

There is absolutely no reason for fear of any kind. If you experience any fear coming up within you it is the fear of the family of viruses you are hosting. Simply fill your body with the love of Source until you feel the fear begin to subside.

Human consciousness has been hosting the family of viruses for millions of years. They are not all going to purge instantly, and only the higher energy of Source can purge them from human DNA. You are being a conscious participant in your healing process to assist Source mind to purge as much as you can while you remain within the earth system.

As you go about your daily activities, try to remain aware of the fact that you are an individual expression of Source. Try to remain aware of the fact that only you are creating what you will experience, via the thoughts you choose to continue to think about. There is no reason to give any thought to the viruses you are hosting, and are purging from you. Doing so feeds them energy. Instead, simply think about the fact that you are Source, on a mission to heal yourself. Strive to be, and express, the love of Source in all of your thoughts, actions, words and deeds. When you stumble, simply pick yourself up and keep walking forward. Each brand new day is a new beginning of self discovery. There is no reason to think about the yesterdays, as they were simply fleeting moments of your journey back into balance.